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9. The method of claim 8, further comprising using a Bluetooth personal area network for the general personal area network.

10. The method of claim 1, wherein pairing via the general personal area network comprises a first stage pairing and a second stage pairing, and wherein the first stage pairing comprises performing a bonding key exchange with the wearable computing device to obtain at least one bonding key.

11. The method of claim 10, further comprising using the at least one bonding key during the second stage pairing.

12. A non-transitory computer readable medium storing computer-executable instructions which, when executed by a computer processor, cause the computer processor to carry out the method of claim 1.

13. A host computing device for managing communications with a wearable computing device, the host computing device comprising:

a personal area networking interface configured to communicatively couple the host computing device to a low-power personal area network and a general personal area network;

a processor operatively coupled to and the personal area networking interface, the processor configured to:

receive an advertisement packet from the wearable computing device via the low-power personal area network;

in response to the advertisement packet, transmit a connection request via the low-power personal area network;

pair with the wearable computing device via the low-power personal area network;

transmit a data message when pairing via the low-power personal area network, the data message comprising an instruction to pair via a general personal area network;

notify the wearable computing device of one or more characteristics;

receive a characteristic write request;

in response to the characteristic write request, pre-authorize the wearable computing device for the pairing via the general personal area network; and

pair with the wearable computing device via the general personal area network.

14. The host computing device of claim 13, wherein the processor is further configured to enter the host computing device into a listening mode prior to receiving the advertisement packet.

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15. The host computing device of claim 13, wherein the processor is further configured to receive a connection request confirmation from the wearable computing device, and validate the connection request confirmation, when pairing via the low-power personal area network.

16. The host computing device of claim 13, wherein, prior to pairing via the general personal area network, the processor is further configured to receive a service discovery request from the wearable computing device, and transmit a services list to the wearable computing device in response to the service discovery request.

17. The host computing device of claim 13, wherein the data message is provided in the form of a notification message.

18. The host computing device of claim 13, wherein the low-power personal area network is a Bluetooth Low Energy network, and wherein the general personal area network is a Bluetooth personal area network.

19. The host computing device of claim 13, wherein the processor is configured to pair with the wearable computing device via the general personal area network in at least two pairing stages.

20. A wearable device comprising:

a processor configured to:

send an advertisement packet to a host computing device via a low-power personal area network;

receive a connection request from the host computing device via the low-power personal area network;

pair with the host computing device via the low-power personal area network;

receive, from the host computing device, a data message when pairing via the low-power personal area network, the data message comprising an instruction to pair via a general personal area network;

receive, from the host computing device, a notification of one or more characteristics;

transmit, to the host computing device, a characteristic write request configured to cause the host computing device to pre-authorize the wearable computing device for the pairing via the general personal area network; and

pair with the host computing device via the general personal area network.

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